

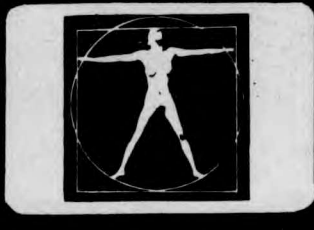
**Seasons Greetings from  
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We shall be glad to make your arrangements.

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Christmas &  
the New Year**  
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residence, or phone 667-3059  
-3632.  
Open 10 am - 6 pm, Monday to  
Friday.

Ah, sweet December. Hectic, crazy days, balanced by parties and lots of "good cheer". Longing sighs of "I need a drink" at the end of another essay or exam. The desire to forget it all in an alcoholic haze is overwhelming.

But the work to be done doesn't disappear even if you yourself disappear under the table.

Even those of us who managed to balance on the wagon-side during school often careen over the side when vacation becomes official.

But all is not lost. It is possible to partake of Holiday Cheer, in its liquid varieties, without doing your liver and your next day irreparable damage. To minimize the effects of alcohol, follow as many of these safe drinking habits as you can.

Food in the stomach allows down the absorption of alcohol into the blood stream, and consequently slow the rate of intoxication.

- Drink slowly.
- One drink per hour is about all your liver can handle. It takes the average adult about 5 or 6 hours to metabolize the alcohol in 4 oz. of whiskey, of 1.25 quarts of beer.
- Limit your total consumption on each occasion to two or three drinks.
- In general, it is wise to limit your frequency of drinking to once or twice a week.

Drinking is a part of other holiday merry-making, but may interfere without your realizing it. Do you know what you may be missing?

**EATING:** If you're worried about overeating and gaining weight, remember that alcohol is full of empty calories. Two beers contain

more calories than a peice of pie or a cream puff.

**SLEEPING:** Regular drinking of alcohol has been shown to interfere with sleep patterns, resulting in restless sleep, insomnia and feeling tired when you get up.

**SEX:** Aside from the extreme of passing out, alcohol may cause you to miss out because of its general depressant effects on the central nervous system. Men may have trouble achieving or maintaining an erection during periods of heavy alcohol use.

**SPORTS:** Outdoor sports and alcohol don't mix. Alcohol causes the blood vessels, especially those in the skin to dilate. This causes a feeling of warmth. But increased blood flow to the capillaries causes increased loss of body heat to the air. Heat is then transferred from your internal organs.

This accounts for the fact that an intoxicated person may freeze to death more quickly than a person who hasn't been drinking. After the initial feeling of warmth, you will actually cool off more significantly when drinking.

**DRIVING:** Legal intoxication levels in Ontario are set at .08 percent (blood alcohol level). But the impairment of visual acuity, reaction time, judgment and self control is a very personal matter. It can happen as soon as .03 per cent for teen agers, and .05 per cent for adults. Two quick drinks can raise the blood alcohol level of a 160 lb. person to .05 per cent; higher for smaller people.

Cheers and Happy Holidays.

**CAMP TOWHEE**, Haliburton, Ontario — 7 week (July 2 - August 21) co-educational residential camp for children (ages 8-12) with learning disabilities is hiring staff — cabin counsellors; waterfront, arts & crafts, and nature instructors; nurse; remedial music / drama / math%reading / gross motor instructors; language therapist; resource counsellors with experience in behaviour management techniques.  
**Orientation:** on Jan. 30, 1978, between 9:00 - 10:00 A.M. in the **Ross Building, South 169.**

**Interviews:** will be conducted also on **Jan. 30 in the Ross Building, North 108.**

Contact your Student Services Department for applications.

**MON. TO FRI. 9 AM to 9 PM** **MANN'S T.V. & STEREO LTD.** **SAT. TILL 6 PM**  
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